

Peach and Biscuit Bake

Makes: 6 Servings

Fresh peaches can be used in baked fruit dessert recipes like cobblers or crisps. This delicious Peach and Biscuit Bake uses fresh peaches.

Ingredients

1 cup low-fat bakery mix
1 cup fat-free milk (or 1 cup low-fat milk)
1/2 teaspoon nutmeg (if you like)
4 tablespoons margarine (melted)
3/4 cup sugar
1 1/2 pounds fresh peaches (sliced, about 6 peaches)

Directions

1. Preheat oven to 375 degrees F.
2. Mix together bakery mix and milk. If using nutmeg, add that too. Stir in margarine until combined.
3. Pour batter into an 8x8-inch baking dish.
4. Combine sugar and peaches, and spoon over batter in baking dish (do not mix together).
5. Bake for 50 minutes or until golden brown.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	250	
Total Fat	8 g	
Protein	3 g	
Carbohydrates	44 g	
Dietary Fiber	2 g	
Saturated Fat	2.5 g	
Sodium	160 mg	